

KIDS BIKES... SOME TIPS...

- Keep it Light...PICK IT UP...can you lift it?
- Keep it simple...single-speed for under 5s ...rear gears for 6+
- Quality pays! More fun, less fixing, better bits, better re-sale value...
- Buy from a good local bike shop!
- Try before you buy!



Brake levers..
These need to be alloy + have a light action and easy reach....

Great coffee and cakes...

Gears need to be easy to use with little hands... also you only need the right hand gears

NO SUSPENSION!!!!
It is heavy and doesn't really work for little people... They have SPRINGY LEGS ...Boing!!

Seat Height
Plenty of growing room

Frame size:
make sure they can ride it NOW... BUT is there room to grow...?

Wheel Sizes... A very rough guide!

12"	Toddlers
16"	YR-Y2
20"	Y1-Y5
24"	Y3-Y6
26"	Y4-Adult

COOL STICKERS!!

How about Mudguards.. a rack perhaps?

How about Mudguards?

Gears at the back, but not at the front...
Kids can't often use the front gear shifters on their bikes...

Alloy Chainset with one chainring only.
kids find it difficult to change front gears... FACT!

Alloy V-Brakes...
No SQUEALS!!!!

RIGID FORK...
No suspension!

It is much lighter and like legs... arms are springy!!

Don't forget...
Lock and Helmet!!

If you need any more help or advice, please contact a Sustrans Bike It Officer near you...

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...BIKE IT BEN...
...HAPPY CYCLING!

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JOIN THE MOVEMENT